

DINNERLY



Reduced-Carb Pesto Pork Meatballs with Feta and Salad Leaves



35 minutes



2 Servings

Who needs carbs when you have flavour like this? We've simmered pork meatballs in a rich tomato sauce, then topped it off with creamy feta and a drizzle of zingy pesto.

WHAT WE SEND

- 1 onion
- pork mince
- 400g diced tomatoes
- 50g basil pesto ^{7,15}
- 50g feta ⁷
- 50g mixed salad leaves

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp olive oil
- 2 tbs tomato paste
- 125ml (½ cup) boiling water
- 2 tsp white wine vinegar ¹⁷

TOOLS

- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 585kcal, Fat 40.4g, Carbs 14.9g, Proteins 39.1g



1. Prep ingredients

Finely chop the **onion** (see Kitchen 101). Crush or finely chop **2 garlic cloves**.



2. Roll meatballs

Put the **pork mince, garlic** and **one-quarter of the onion** in a large bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into walnut-sized balls.



3. Pan-fry meatballs

Heat **2 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **meatballs**, turning occasionally, for 5 mins or until browned. Remove from the pan. Return the pan to medium heat and cook the **remaining onion**, stirring, for 3-4 mins until softened.



4. Simmer sauce

Add the **tomatoes, 2 tbs tomato paste** and **125ml (½ cup) boiling water** to the pan and bring to the boil. Reduce the heat to medium and cook for 5 mins. Add the **meatballs** and cook for a further 6-7 mins until the sauce is slightly thickened and the meatballs are cooked through. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Meanwhile, put the **pesto** and **2 tsp white wine vinegar** in a large bowl. Season with **salt and pepper** and stir to combine. Crumble the **feta** over the meatballs and drizzle with **half the pesto dressing**. Add the **salad leaves** to the **remaining dressing** and toss to coat. Divide the **meatballs** and **salad** among plates and enjoy!



6. Kitchen 101

Finely chopping the onion ensures there aren't any large unpleasant chunks in the meatballs.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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